

Listing of the Claims:

Claims 1 - 45 (Cancelled)

46. (Currently Amended) A fluid for preventing or treating hypohydration, comprising a ~~flavanolignan, a~~ at least one methyl amine, or a combination thereof, ~~said fluid further comprising~~ one or more digestible carbohydrates and one or more minerals, wherein

the methyl amine is selected from dimethylglycine and sarcosine with the amount of methyl amine being between 0.2 – 10 g/l,

the digestible carbohydrate is in the amount of between 20 – 75 g/l,

the mineral includes at least one of calcium and magnesium, and

said fluid has an essentially hypotonic osmolarity in the range of 70 to 275 mOsm/l, ~~and wherein said methyl amine is dimethylglycine or sarcosine.~~

47. (Currently Amended) A fluid according to claim 46, comprising more than two different types of monosaccharide units ~~having an osmolarity of 300 mOsm/l or less.~~

48. (Previously Presented) A fluid according to claim 46, having a dry mass content of 9 wt. % or less.

49. (Previously Presented) A fluid according to claim 46, wherein the digestible carbohydrate concentration is between 10 and 80 g/l.

50. (Currently Amended) A fluid according to claim 46, wherein at least part of the ~~one or more~~ digestible carbohydrates is formed by polysaccharides comprising glucose and wherein at least 0.5 g/l of the digestible carbohydrates is ribose or inositol ~~are selected from the group consisting of oligosaccharides and polysaccharides.~~

51. (Previously Presented) A fluid according to claim 46, wherein the one or more carbohydrates have an average chain length in the range of 3-50 monosaccharide units.

52. (Previously Presented) A fluid according to claim 46, wherein at least 50 wt. % of the carbohydrate content is in the form of oligosaccharides and/or polysaccharides.

53. (Previously Presented) A fluid according to claim 46, wherein the one or more carbohydrates are selected from the group consisting of glucose, fructose, galactose, mannose, ribose and inositol.

54. (Previously Presented) A fluid according to claim 53, comprising glucose, fructose, and mannose, and wherein fructose and mannose together are present in an amount between 0.05-0.6 mole per mole glucose.

55. (Previously Presented) A fluid according to claim 46, wherein the one or more carbohydrates comprise at least 0.5 g/l ribose, at least 0.5 g/l inositol and/or at least 0.5 g/l galactose.

#### Claims 56-60 (Cancelled)

61. (Previously Presented) A fluid according to claim 46, wherein the mineral concentration is between 0.1 and 30 g/l.

62. (Currently Amended) A fluid according to claim 46, further including ~~wherein the~~ one or more minerals ~~are~~ selected from the group consisting of sodium, potassium, chloride, phosphate, ~~magnesium, zinc, calcium,~~ iron and copper.

63. (Currently Amended) A fluid according to claim 46 ~~[[62]]~~, wherein the magnesium concentration is 100 mg/l or more.

64. (Previously Presented) A fluid according to claim 62, wherein the zinc concentration is 10 mg/l or more.

65. (Currently Amended) A fluid according to claim 46 ~~[[62]]~~, wherein the calcium concentration is 300 mg/l or more.

66. (Previously Presented) A fluid according to claim 62, wherein the iron concentration is 5 mg/l or more.
67. (Previously Presented) A fluid according to claim 46, comprising glycerol, lipoic acid, a vitamin, citrate, phosphate, malate, taurine, caffeine or a combination thereof.
68. (Previously Presented) A fluid according to claim 67, comprising tocopherol.
69. (Previously Presented) A fluid according to claim 67, wherein glycerol is present in a concentration of 0.1-20 g/l.
70. (Previously Presented) A fluid according to claim 67, wherein lipoic acid is present in a concentration of at least 20 mg/l.
71. (Currently Amended) A fluid according to claim 67, wherein taurine is present in a concentration of 0.1-2 g/l and wherein citrate is present in a concentration of 0.2-2 g/l.
72. (Previously Presented) A fluid according to claim 67, wherein caffeine is present in a concentration of 0.1-1 g/l.
73. (Previously Presented) A fluid according to claim 46 comprising methionine.
74. (Previously Presented) A fluid according to claim 46, having a pH in the range of 2.5-6.8.
75. (Previously Presented) A fluid according to claim 46, having a nitrogen content of less than 3 g/l.
76. (Currently Amended) A fluid according to claim 46 in the form of a water solution, a fruit juice, a whey dairy drink, a beverage, or a fluid for tube or enteric administration.

77. (Previously Presented) A method for treating or preventing hypohydration, comprising administering a fluid according to claim 46 to a subject.
78. (Previously Presented) A method according to claim 77, wherein the fluid is administered orally or by tube or enteral administration.
79. (Previously Presented) A method according to claim 77, wherein the subject suffers from a gut disorder, cystic fibrosis, or a cardiovascular disease.
80. (Previously Presented) A method according to claim 77, wherein the fluid is administered before, during or after the subject is subjected to surgery.
81. (Currently Amended) A method for reducing the risk of developing muscle cramps, as a result of according to claim 77 for the prevention or treatment of dehydration comprising administering a fluid according to claim 46 to a subject ~~of a subject who is exposed to a high temperature and/or physical exercise, wherein the fluid is administered to the subject before, during and/or after being exposed to a high temperature and/or physical exercise.~~
82. (Currently Amended) A method according to claim 81 ~~[[77]]~~, wherein the subject is an elderly person.
83. (Currently Amended) A method according to claim 81 ~~[[77]]~~, wherein the fluid is administered for medical use.
84. (Previously Presented) A method for manufacturing a fluid according to claim 46 for preventing or treating hypohydration.
85. (Previously Presented) Concentrate for preparation of a fluid according to claim 46.

86. (Previously Presented) Concentrate according to claim 85 in the form of a pre-mix, a powder, an agglomerate, a fluid, a syrup, a gel, a tablet or a capsule.

87. (Previously Presented) A method for manufacturing a concentrate according to claim 85, for preventing or treating hypohydration.

Claim 88 (Cancelled)

89. (Currently Amended) A method of treating dehydration related to water loss due to physical exercise, comprising the administration of a fluid according to claim 46 ~~hypohydration in an individual in need of treatment thereof comprising orally administering a fluid comprising a flavanolignan, a methyl amine or a combination thereof, said fluid further comprising one or more digestible carbohydrates and one or more minerals, wherein said fluid has an essentially hypotonic osmolarity, and wherein said methyl amine is dimethylglycine or sarcosine.~~